



Educational Materials Inventory

A Collection of Print Materials and Presentations across DPH



Updated: November 2013

The Educational Materials Inventory is a collection of health education materials created and/or utilized by staff in LA County’s Department of Public Health. The purpose of the Inventory is to share resources with internal and external partners, as well as, provide useful tools to educate and improve the health of LAC communities.

The inventory is updated on an annual basis by the Health Education Administration program. To add or delete materials from the inventory, contact HealthEd Materials at healthedmaterails@ph.lacounty.gov

For questions about a specific material, contact the program listed under the “How to Access Material” column.

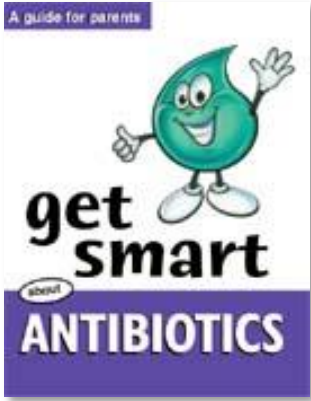
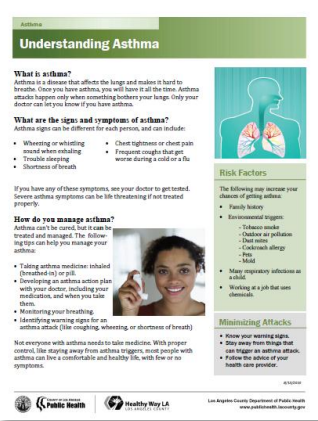
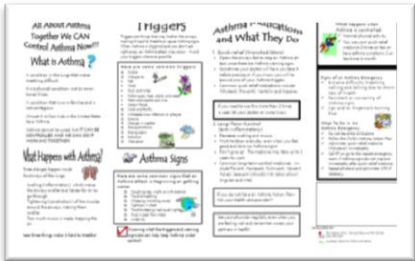
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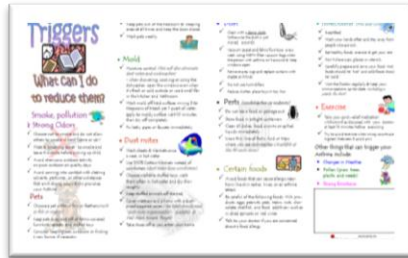
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Print Materials

Topic	Image	Details	Language(s)	How to Access Print Materials
Antibiotics		<ul style="list-style-type: none"> • Brochure 	English Spanish Chinese Korean	Download from website and available for order (free while supplies last): Acute Communicable Disease Control Program http://publichealth.lacounty.gov/acd/HealthEd.htm
Asthma		<ul style="list-style-type: none"> • Flyer • Understanding Asthma 	English Spanish	Contact program: Health Education Administration healthmaterials@ph.lacounty.gov
Asthma		<ul style="list-style-type: none"> • Brochure • All About Asthma 	English Spanish	Download from website: Material Child and Adolescent Health http://www.asthmacoalitionla.org/

Asthma

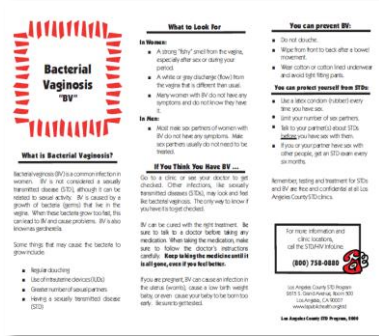


- Brochure
- Asthma Triggers: What to do to reduce them

English
Spanish

Download from website:
Material Child and Adolescent Health
<http://www.asthmacoalitionla.org/>

Bacterial Vaginosis

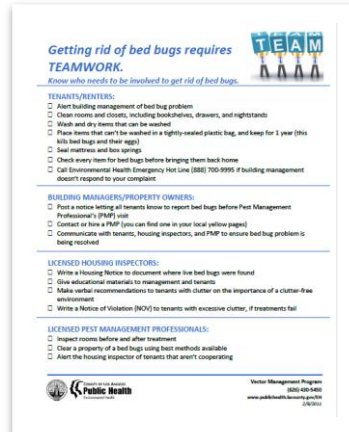


- Brochure

English
Spanish

Contact Program:
Sexually Transmitted Disease Program
Sally Villanueva
savillanueva@ph.lacounty.gov

Bed Bugs

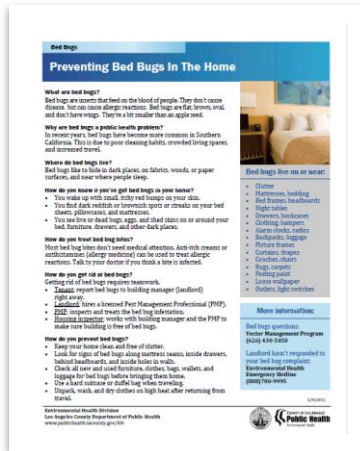


- Checklist
- Getting Rid of bed bugs requires teamwork

English

Contact program:
Health Education Administration
healthmaterials@ph.lacounty.gov

Bed Bugs



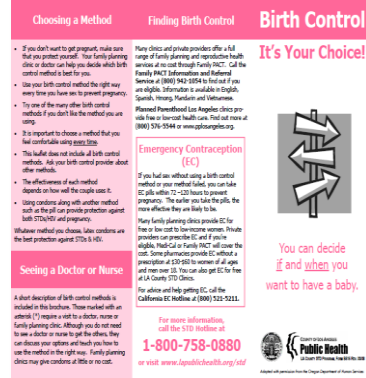
- Handout
- Preventing Bed Bugs in the Home

English

Contact program:

Health Education Administration
healtheducmaterials@ph.lacounty.gov

Birth Control



- Brochure
- Birth Control: It's Your Choice

English
 Spanish

Contact Program:

Sexually Transmitted Disease Program
 Sally Villanueva
savillanueva@ph.lacounty.gov

Breastfeeding



- Brochure
- Women, Work and Breastfeeding

English
 Spanish

Contact Program:

Maternal, Child and Adolescent Health Program

Cancer



- Brochure
- Cervical and Breast Cancer
- Pap tests, HPV vaccines, and Mammograms

English

Contact program:
Office of Women's Health
Elizabeth Stillwell
estillwell@ph.lacounty.gov

Cardiovascular Disease (CVD)



- Flyer
- Understanding Cardiovascular Disease

English
Spanish

Contact program:
Health Education Administration
healthdmaterials@ph.lacounty.gov

Chlamydia



- Info card

English
Spanish

Contact Program:
Sexually Transmitted Disease Program
Sally Villanueva
savillanueva@ph.lacounty.gov

Cholesterol

Understanding Cholesterol

What is cholesterol?
Cholesterol is a fat-like substance that is found in your bloodstream and in your cells. It's important because it keeps your cells healthy. But, too much cholesterol can be bad for your health. Combined with other substances, it can form plaque (a thick, hard deposit) that clogs the arteries of the heart. Clogged arteries can lead to heart attacks or strokes.

What are the signs and symptoms of high cholesterol?
High cholesterol has no symptoms. The only way to tell if you have it is by getting a blood test. Ask your doctor for a cholesterol test and get re-tested every five years. Your doctor may suggest getting tested more often if you have a family history or other risk factors.

How do you manage high cholesterol?
In many people, high cholesterol can be treated with lifestyle changes, such as exercising, eating healthy, and losing weight. To help prevent high cholesterol, follow these tips:

- Eat a healthy diet that includes lots of fruits, vegetables, fish, whole grains, and reduced fat dairy products.
- Limit saturated fats, like fatty meats, butter and whole milk.
- Limit cholesterol intake to less than 300 mg/day.
- Control your weight.
- Exercise at least 30 minutes each day.
- Avoid smoking (call 1-800-NO-BUTTS to quit).
- Limit alcohol: drink no more than one per day.
- Schedule regular cholesterol tests with your doctor.
- Find ways to manage your stress.

Lifestyle changes can be very helpful in managing high cholesterol, but they may not always be enough. Some people may need to take additional medication to lower their cholesterol. Talk to your doctor to come up with a plan that's best for you.

Risk Factors
The following may increase your chance of getting high cholesterol:

- Family history
- Smoking
- Being physically inactive
- Being overweight
- High fat diet
- Age (45)
- Diabetes
- High blood pressure

Healthy Cholesterol
Total Cholesterol <200mg
HDL (High-density lipoprotein), also known as "good" cholesterol >40mg
LDL (Low-density lipoprotein), also known as "bad" cholesterol <100mg
Triglycerides <150mg

- Flyer
- Understanding Cholesterol

English
Spanish

Contact program:
Health Education Administration
healthedmaterials@ph.lacounty.gov

Cholesterol

Nutrition Facts
Cholesterol

Understanding Your Cholesterol Numbers

Cholesterol:
It plays an important role in the body, but too much can be harmful. Total cholesterol is made up of LDL, HDL, and triglycerides. What is the difference between them and how do you interpret your results? The guidelines listed below were created by the National Cholesterol Education Program to help you understand your results.

Total Cholesterol:
This is the total amount of cholesterol carried in the blood stream by LDL, HDL, or neutral carrier.

HDL Cholesterol: This is known as the "good" cholesterol" because it is believed to remove cholesterol from the blood.

LDL Cholesterol: This is known as the "bad" cholesterol" because excess LDL cholesterol builds up in the arteries and may lead to heart disease. The higher your LDL, the higher your risk for developing heart disease.

Triglycerides: This is a type of fat that circulates in the blood and is stored in the body. High triglyceride levels may increase your risk for heart disease.

	Total Cholesterol	HDL Cholesterol	LDL Cholesterol	Triglycerides
Desirable	Less than 200 mg/dL	Above 60 mg/dL	Less than 100 mg/dL	Less than 150 mg/dL
Borderline	200-239 mg/dL	50-59 mg/dL	100-129 mg/dL	150-199 mg/dL
High	240 mg/dL or higher	Below 50 mg/dL	130 mg/dL or higher	200 mg/dL or higher

Did you know that one in five people have high cholesterol? Even if you are active or thin, young or old - anyone can have high cholesterol.

Helpful Tips

- Use cooking methods that require little or no oil.
- Try to boil, broil, bake, roast, poach or steam as much as possible.
- Season vegetables with herbs and spices instead of using butter or oil.
- Choose vegetable oils that contain no more than two grams of saturated fat per tablespoon.
- Choose skim milk instead of whole milk.
- When a recipe calls for an egg, try substituting with one egg white plus two teaspoons of unsaturated oil or use a cholesterol-free egg substitute.

Fact: Saturated fats and trans fats boost your blood cholesterol level more than any thing else in your diet.

Tip: Try to avoid foods that are high in saturated fats or trans fats as much as possible.

County of Los Angeles Public Health Nutrition Program
www.healthedmaterials.org/nutfacts

- Brochure
- Managing cholesterol

English
Spanish

Download from website:
Nutrition Program
<http://publichealth.lacounty.gov/nut/atd/NutritionEducationMaterials/nutfacts/NutritionFacts.htm>

Chronic Diseases

Cholesterol

1. What is cholesterol?
Cholesterol (ko-les-ter-ol) is a soft waxy fat naturally found in the body. Cholesterol is important for keeping the body's cells healthy and for making hormones. There are two types of cholesterol: LDL and HDL.

- LDL (Low-density lipoprotein) cholesterol is "bad" cholesterol. When too much of it circulates in the blood, it can clog arteries, increasing a person's risk of heart disease, heart attack and stroke.
- HDL (High-density lipoprotein) cholesterol is "good" cholesterol. High levels of HDL carry cholesterol away from the arteries and back to the liver, where it's removed from the body.

2. How do you get cholesterol?
Cholesterol comes from two sources:

- 75 percent of the blood's cholesterol is made by your liver and other cells in your body.
- 25 percent comes from foods you eat (meat, milk, eggs, or any animal products).

You are at a greater risk of getting cholesterol if you have a family history of high cholesterol or other risk factors (e.g. smoking, diabetes, high blood pressure or obesity).

3. How do you know if you have cholesterol?
Cholesterol can slowly build up in the blood over time without any symptoms. Have your cholesterol tested by your doctor at least every five years. Your doctor may suggest you get tested more often if your results are not within normal limits or if you have greater risk factors.

Where should cholesterol levels be?

	Normal	Borderline	High
Total Cholesterol	Less than 200 mg/dL	200-239 mg/dL	Over 240 mg/dL
LDL	Less than 100 mg/dL	100-129 mg/dL	Over 130 mg/dL
HDL	Male: over 40 mg/dL Female: over 50 mg/dL	40 mg/dL	Below 40 mg/dL
Triglyceride	Less than 150 mg/dL	150-199 mg/dL	Over 200 mg/dL

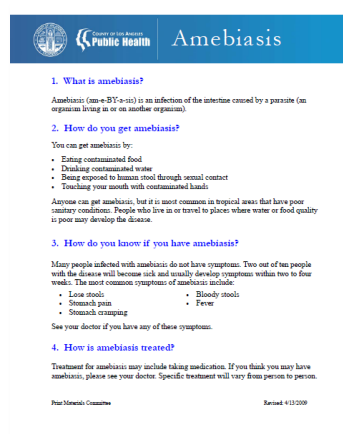
From National Cholesterol Education Program

- Frequently Asked Questions
- Topics**
Cholesterol
Diabetes
How to stop smoking
Physical activity

English
Spanish

Download from website:
Public Health Nursing
<http://www.publichealth.lacounty.gov/phn/>

Communicable Diseases



- Frequently Asked Questions
- Topics
 - Amebiasis
 - Campylobacteriosis
 - Chicken pox
 - Cryptosporidiosis
 - Cystercercosis
 - Giardiasis
 - Head lice
 - Hepatitis
 - Legionellosis
 - Leprosy
 - (continued from previous page)
 - Listeriosis
 - Malaria
 - Measles
 - Meningitis
 - Salmonellosis
 - Scabies
 - Shigellosis
 - Tuberculosis (TB)
 - Typhoid fever
 - West Nile virus
 - Whooping cough

English
Spanish

Download from website:
Public Health Nursing
<http://www.publichealth.lacounty.gov/phn/>

Coughing



- Sign
- Health Alert: Coughing Spreads Germs

English
Spanish
Chinese

Contact program:
Immunization Program
Customer Services
323-869-8080
LACIPinfo@ph.lacounty.gov

Coughing



- Table Tent

English
Spanish

Contact program:
Immunization Program
Customer Services
323-869-8080
LACIPinfo@ph.lacounty.gov

Coughing

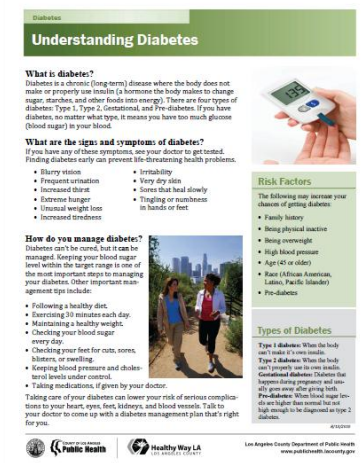


- Poster

English
Spanish

Contact program:
Immunization Program
Customer Services
323-869-8080
LACIPinfo@ph.lacounty.gov

Diabetes



- Flyer
- Understanding Diabetes

English
Spanish

Contact program:
Health Education Administration
healthedmaterials@ph.lacounty.gov

Distracted Driving



- Posters
- 3 versions available

English

Download from website:

Injury and Violence Prevention Program
<http://www.publichealth.lacounty.gov/ivpp/JustDrive/home.htm>

Distracted Driving



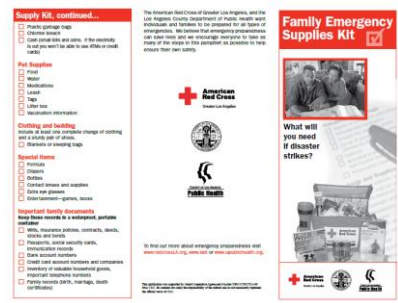
- Flyers
- Available for general public, parents, and youth

English

Download from website:

Injury and Violence Prevention Program
<http://www.publichealth.lacounty.gov/ivpp/JustDrive/home.htm>

Emergency Preparedness



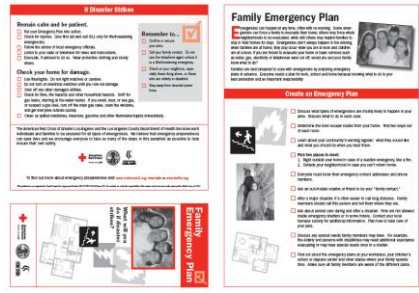
- Brochure
- Family Emergency Supplies Kit

Arabic
 Armenian
 Chinese
 English
 Farsi
 Khmer
 Korean
 Russian
 Spanish
 Tagalog
 Thai
 Vietnamese

Download from website:

Emergency Preparedness and Response Program
<http://www.publichealth.lacounty.gov/eprp/media/getabrochure.htm>

Emergency Preparedness

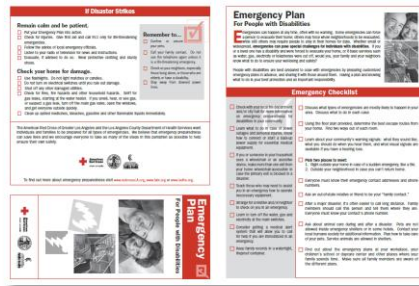


- Brochure
- Family Emergency Plan

Arabic
Armenian
Chinese
English
Farsi
Khmer
Korean
Russian
Spanish
Tagalog
Thai
Vietnamese

Download from website:
Emergency Preparedness and Response Program
<http://www.publichealth.lacounty.gov/eprp/media/getabrochure.htm>

Emergency Preparedness



- Brochure
- Emergency Plan for people with Disabilities

Arabic
Armenian
Chinese
English
Farsi
Khmer
Korean
Russian
Spanish
Thai
Vietnamese

Download from website:
Emergency Preparedness and Response Program
<http://www.publichealth.lacounty.gov/eprp/media/getabrochure.htm>

Enterovirus

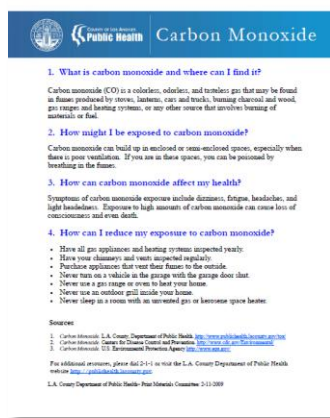


- Brochure
- If You Are Pregnant...

English
Spanish

Download from website and available for order (free while supplies last):
Acute Communicable Disease Control Program
<http://publichealth.lacounty.gov/acd/HealthEd.htm>

Environmental Health



- Frequently Asked Questions

English
Spanish

Download from website:

Public Health Nursing
<http://www.publichealth.lacounty.gov/phn/>

Topics
Asbestos
Carbon monoxide
Community Environments
Flame retardants
Formaldehyde
Lead
Mercury
Safe food handling
Secondhand smoke

Facility Checklist



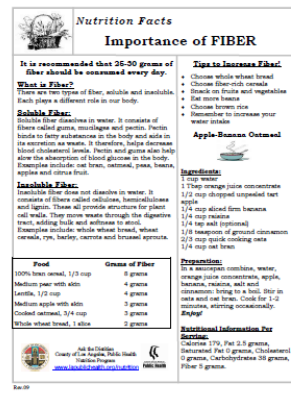
- Checklist for Homeless Shelters
- Keeping your Facility Healthy

English

Download from website and available for order (free while supplies last):

Acute Communicable Disease Control Program
<http://publichealth.lacounty.gov/acd/HealthEd.htm>

Fiber





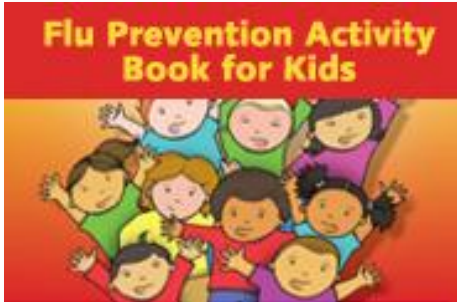
- Flyer
- Importance of fiber

English
Spanish

Download from website:

Nutrition Program
<http://publichealth.lacounty.gov/nut/atd/NutritionEducationMaterials/nutfacts/NutritionFacts.htm>

Food Safety		<ul style="list-style-type: none"> • Booklet 	English	<p>Download from website: Environmental Health http://publichealth.lacounty.gov/eh/docs/booklet.pdf</p>
Food Safety		<ul style="list-style-type: none"> • Brochure • Safe handling of Fresh Fruits and Vegetables 	English	<p>Download from website: Acute Communicable Disease Control Program http://publichealth.lacounty.gov/acd/docs/FightBac.pdf</p>
Flu		<ul style="list-style-type: none"> • Bookmark (double-sided English/Other Language) • Flu prevention tips 	Arabic Armenian Chinese English Farsi Khmer Korean Russian Spanish Tagalog Thai Vietnamese	<p>Download from website and available for order (free while supplies last): Acute Communicable Disease Control Program http://publichealth.lacounty.gov/acd/HealthEdFlu.htm</p>

Flu		<ul style="list-style-type: none"> Ruler (double-sided) 	English/Spanish	Download from website and available for order (free while supplies last): Acute Communicable Disease Control Program http://publichealth.lacounty.gov/acd/HealthEdFlu.htm
Flu	NO IMAGE AVAILABLE	<ul style="list-style-type: none"> Brochure Pandemic flu Protect yourself from flu and pandemic flu 	English	Contact program: Immunization Program Customer Services 323-869-8080 LACIPinfo@ph.lacounty.gov
Flu		<ul style="list-style-type: none"> Sticker No flu Flu fighter 	English	Download from website and available for order (free while supplies last): Acute Communicable Disease Control Program http://publichealth.lacounty.gov/acd/HealthEdFlu.htm
Flu		<ul style="list-style-type: none"> Activity Book Flu prevention for kids 	English (Age 7-9) English (Age 10-12) Spanish (Age 7-9) Spanish (Age 10-12)	Contact program: Acute Communicable Disease Control Program http://publichealth.lacounty.gov/acd/HealthEdH1N1.htm

16 |

Flu



- Flyer
- Preventing Flu in the Workplace
- Targeting employees

English
Spanish

Download from website:

Acute Communicable Disease Control Program
<http://publichealth.lacounty.gov/acd/HealthEdFlu.htm>

Flu



- Flyer
- General Prevention
- Encourages vaccination, hand washing and other respiratory disease prevention practices

English

Contact program:

Immunization Program
 Customer Services
 323-869-8080
LACIPinfo@ph.lacounty.gov

Flu Vaccine



- Flyer
- Holiday theme

English
Spanish

Contact program:

Health Education Administration
healthmaterials@ph.lacounty.gov

Flu Vaccine

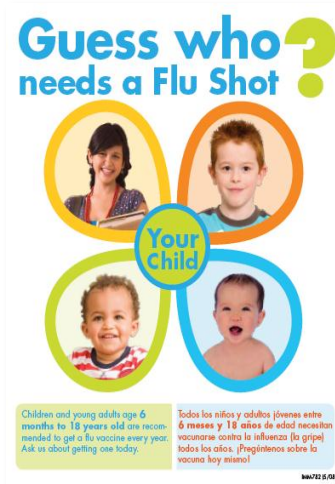


- Flyer
- New Year theme

English
Spanish

Contact program:
Health Education Administration
healthmaterials@ph.lacounty.gov

Flu Vaccine

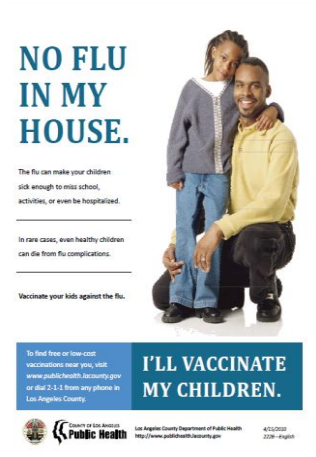


- Static Cling Flyer
- Targeting parents to get their children vaccinated

English
Spanish

Contact program:
Immunization Program
Customer Services
323-869-8080
LACIPinfo@ph.lacounty.gov

Flu Vaccine



- Flyer (double-sided)
- Targeting general public

English/Spanish

Download from website and available for order (free while supplies last):
Acute Communicable Disease Control Program
<http://publichealth.lacounty.gov/acd/HealthEdFlu.htm>

Flu Vaccine



- Flyer (double-sided)
- Targeting pregnant women

English/Spanish

Download from website and available for order (free while supplies last):
Acute Communicable Disease Control Program
<http://publichealth.lacounty.gov/acd/HealthEdFlu.htm>

Flu Vaccine



- Flyer (double-sided)
- Targeting seniors

English/Spanish

Download from website and available for order (free while supplies last):
Acute Communicable Disease Control Program
<http://publichealth.lacounty.gov/acd/HealthEdFlu.htm>

Flu Vaccine



- Poster (double-sided)
- Targeting community

English/Spanish

Download from website and available for order (free while supplies last):
Acute Communicable Disease Control Program
<http://publichealth.lacounty.gov/acd/HealthEdFlu.htm>

Flu Vaccine



Children ages 5 or younger are at higher risk of going to the hospital because of the flu. Their immune systems are still developing and can't always fight off germs or stop diseases from getting worse. That's why flu can cause pneumonia in many young children.

Flu vaccines are the best protection against the flu. That's because they keep you and your family from getting sick and from spreading the flu at home, school, day care, or work. Flu vaccines are always tested and monitored to make sure they are safe.

Find free or low-cost flu vaccinations near you. Visit www.publichealth.lacounty.gov or dial 2-1-1 from any phone in Los Angeles County.

Los Angeles County Department of Public Health
www.publichealth.lacounty.gov

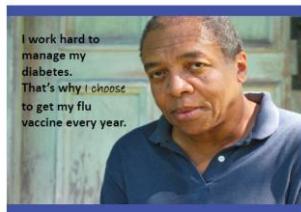
- Flyer (double-sided)
- Targeting parents

English/Spanish

Download from website and available for order (free while supplies last):

Acute Communicable Disease Control Program
<http://publichealth.lacounty.gov/acd/HealthEdFlu.htm>

Flu Vaccine



People with chronic medical conditions, like diabetes, are at higher risk of going to the hospital or dying from the flu. That's because diabetics have weaker immune systems that can't always fight off germs or stop diseases from getting worse. African Americans and Latinos have higher rates of diabetes than other ethnic groups. That puts people in African American and Latino communities at greater risk for developing medical problems, like pneumonia, when they get the flu.

Flu vaccines are the best protection against the flu. They keep you and your family from getting sick and from spreading the flu at home or in your community. Flu vaccines are always tested and monitored to make sure they are safe.

Find free or low-cost flu vaccinations near you. Visit www.publichealth.lacounty.gov or dial 2-1-1 from any phone in Los Angeles County.

Los Angeles County Department of Public Health
www.publichealth.lacounty.gov

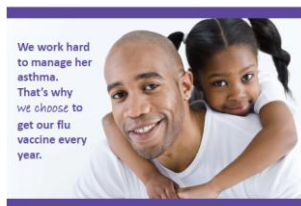
- Flyer (double-sided)
- Targeting adults with diabetes

English/Spanish

Download from website and available for order (free while supplies last):

Acute Communicable Disease Control Program
<http://publichealth.lacounty.gov/acd/HealthEdFlu.htm>

Flu Vaccine



People with chronic medical conditions, like asthma, are at higher risk of going to the hospital or dying from the flu. That's because asthma affects a person's breathing. The flu can make it even harder for people with asthma to breathe because it affects their nose, throat, and lungs. African Americans and Latinos have higher rates of asthma than other ethnic groups. That puts people in African American and Latino communities at greater risk for developing medical problems, like pneumonia, when they get the flu.

Flu vaccines are the best protection against the flu. That's because they keep you and your family from getting sick and from spreading disease at home or in your community. Flu vaccines are always tested and monitored to make sure they are safe.

Find free or low-cost flu vaccinations near you. Visit www.publichealth.lacounty.gov or dial 2-1-1 from any phone in Los Angeles County.

Los Angeles County Department of Public Health
www.publichealth.lacounty.gov

- Flyer (double-sided)
- Targeting families

English/Spanish

Download from website and available for order (free while supplies last):

Acute Communicable Disease Control Program
<http://publichealth.lacounty.gov/acd/HealthEdFlu.htm>

Flu Vaccine



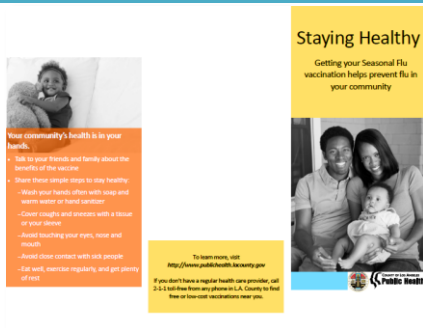
- Flyer (double-sided)
- Targeting pregnant women

English/Spanish

Download from website and available for order (free while supplies last):

Acute Communicable Disease Control Program
<http://publichealth.lacounty.gov/acd/HealthEdFlu.htm>

Flu Vaccine



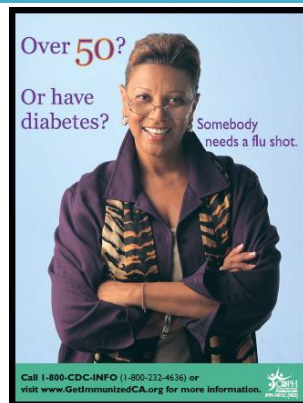
- Tri-fold brochure
- Staying Healthy and Preventing Flu in your Community

English
Spanish

Contact program:

Health Education Administration
healthmaterials@ph.lacounty.gov

Flu Vaccine

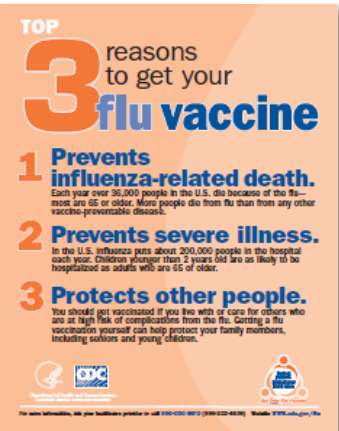
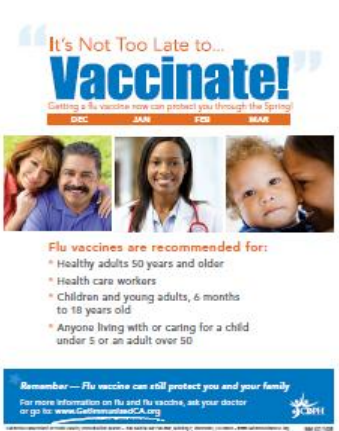



- Static Cling Flyer
- Targeting older adults

English

Contact program:

Immunization Program
 Customer Services
 323-869-8080
LACIPinfo@ph.lacounty.gov

Flu Vaccine		<ul style="list-style-type: none"> • Poster • For general public 	<p>English Spanish</p>	<p>Contact program: Immunization Program Customer Services 323-869-8080 LACIPinfo@ph.lacounty.gov</p>
Flu Vaccine		<ul style="list-style-type: none"> • Poster • It's Not Too Late to Vaccinate • Targeting general public for late seasonal flu vaccination 	<p>English Spanish</p>	<p>Contact program: Immunization Program Customer Services 323-869-8080 LACIPinfo@ph.lacounty.gov</p>
Flu Vaccine		<ul style="list-style-type: none"> • Flyer • Targeting pregnant women 	<p>English Spanish</p>	<p>Contact program: Immunization Program Customer Services 323-869-8080 LACIPinfo@ph.lacounty.gov</p>

Flu Vaccine		<ul style="list-style-type: none"> Flyer Targeting pregnant women, people living with babies, and anyone who takes care of babies 	English Spanish	Contact program: Immunization Program Customer Services 323-869-8080 LACIPinfo@ph.lacounty.gov
Flu Vaccine		<ul style="list-style-type: none"> Static Cling Flyer Latina 50+ Flu Campaign 	Spanish	Contact program: Immunization Program Customer Services 323-869-8080 LACIPinfo@ph.lacounty.gov
Flu Vaccine		<ul style="list-style-type: none"> Flyer Targeting healthcare workers 	English	Contact program: Immunization Program Customer Services 323-869-8080 LACIPinfo@ph.lacounty.gov

Flu (and Emergency Preparedness)



- Flyer
- While we can't predict...We can prepare!
- Targeting Community

Arabic
Armenian
Chinese
English
Farsi
Khmer
Korean
Spanish
Russian
Tagalog
Thai
Vietnamese

Download from website:

Acute Communicable Disease Control Program
<http://www.publichealth.lacounty.gov/acd/HealthEd.htm>

Flu and Whooping Cough



- Flyer
- Targeting child care providers

English
Spanish

Contact program:

Immunization Program
Customer Services
323-869-8080
LACIPinfo@ph.lacounty.gov

Genital Warts (HPV)


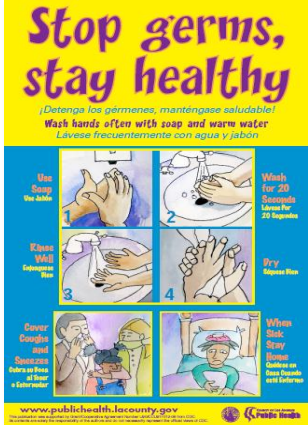



- Info Card

English
Spanish

Contact Program:

Sexually Transmitted Disease Program
Sally Villanueva
savillanueva@ph.lacounty.gov

Gonorrhea	 <p>GONORRHEA</p> <p>WHAT IS IT? Gonorrhea is a sexually transmitted disease (STD). The sex of a person is not the only factor when it comes to getting gonorrhea. It can be passed with the right medicine.</p> <p>WHAT TO LOOK FOR: White, yellow or green discharge from your penis, vagina or anus, may also have a foul or fishy odor. The right time to get tested is right in the middle of the day, not with symptoms. Get the medicine. Remember, you can't pass the disease to yourself. Many people with gonorrhea don't have any of these signs. But don't have any, ask. The drug can tell you whether to get tested or not.</p> <p>IF NOT TREATED: Gonorrhea is a serious disease. If you don't get treated, it can spread to your joints, blood stream and even cause blindness or a heart attack. If you are pregnant, your baby can be born with gonorrhea.</p> <p>HOW TO FIND OUT IF YOU HAVE IT: It is a white or a clear, sticky mass to get checked. STD testing and treatment are free and confidential at all Los Angeles County STD clinics.</p> <p>PROTECT YOURSELF! You have sex using a latex condom. Lubricate the condom with a condom. The more people you have sex with, the greater your chance of getting an STD. If you have sex with more than one person, get an STD test every 6 months.</p> <p>For more information and clinic locations Call the CHLORINE hotline (800) 758-0880 www.chlorine.org</p>	<ul style="list-style-type: none"> • Info Card 	English Spanish	<p>Contact Program: Sexually Transmitted Disease Program Sally Villanueva savillanueva@ph.lacounty.gov</p>
Hand Washing	 <p>Stop germs, stay healthy (Detenga los gérmenes, manténgase saludable!)</p> <p>Wash hands often with soap and warm water Lávase frecuentemente con agua y jabón</p> <p>Use Soap the Right Way 1. Wet hands 2. Apply soap 3. Rub hands together 4. Rinse hands 5. Dry hands</p> <p>When Should You Wash? Before eating or drinking After using the toilet After coughing or sneezing After touching someone who is sick After touching surfaces that many people touch</p> <p>www.publichealth.lacounty.gov</p>	<ul style="list-style-type: none"> • Poster (double-sided English/Other Language) 	Arabic Armenian Chinese English Farsi Khmer Korean Russian Vietnamese Spanish Tagalog Thai	<p>Download from website and available for order (free while supplies last): Acute Communicable Disease Control Program http://publichealth.lacounty.gov/acd/respiratoryhygiene.htm</p>
Hand Washing	 <p>Wash Your Hands with soap and warm water for 10-20 seconds Protect yourself. Prevent disease!</p> <p>Wash your hands often. Wash your hands before eating, after using the toilet, after coughing or sneezing, after touching someone who is sick, after touching surfaces that many people touch.</p> <p>www.publichealth.lacounty.gov</p>	<ul style="list-style-type: none"> • Stickers • Static Cling-Ons 	English (includes translations into multiple languages)	<p>Download from website and available for order (free while supplies last): Acute Communicable Disease Control Program http://publichealth.lacounty.gov/acd/respiratoryhygiene.htm</p>

Hand Washing		<ul style="list-style-type: none"> Stickers 	English	<p>Download from website and available for order (free while supplies last): Acute Communicable Disease Control Program http://publichealth.lacounty.gov/acd/respiratoryhygiene.htm</p>
Hand Washing		<ul style="list-style-type: none"> Cling-on and Poster 	<p><i>Cling-on</i> English Spanish</p>	<p>Download from website: Acute Communicable Disease Control Program http://publichealth.lacounty.gov/acd/HealthEd.htm</p>
			<p><i>Poster</i> Arabic Armenian Chinese English Farsi Khmer Korean Russian Spanish Tagalog Thai Vietnamese</p>	

Hand Washing

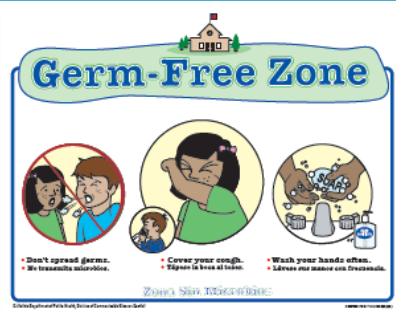


- Cling-on

Chinese
English
Japanese
Korean
Spanish
Tagalog
Vietnamese

Contact program:
Immunization Program
Customer Services
323-869-8080
LACIPinfo@ph.lacounty.gov

Hand Washing



- Cling-on
- Focuses on importance of covering coughs and washing hands

Asian Languages
English
Spanish

Contact program:
Immunization Program
Customer Services
323-869-8080
LACIPinfo@ph.lacounty.gov


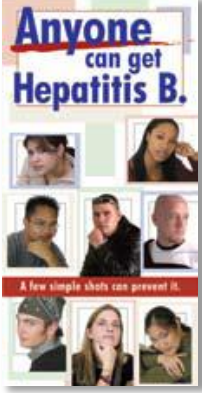

Healthy Weight Promotion



- Flyer
- Steps to a healthy life

English
Spanish

Contact Program:
Maternal, Child and Adolescent Health Program

<p>Heart Disease</p>		<ul style="list-style-type: none"> • Fact sheets • Topics include Heart Disease and: <ul style="list-style-type: none"> -Cholesterol -Diabetes -Diet -Medication -Physical Activity -Smoking -Stress -Weight Management 	<p>Armenian Chinese English Japanese Korean Spanish Tagalog Vietnamese</p>	<p>Download from website: Office of Women's Health http://publichealth.lacounty.gov/phcommon/public/uploadpage/uploadtablelist.cfm?unit=owh&program=programs&ou=ph</p>
<p>Hepatitis B</p>		<ul style="list-style-type: none"> • Pamphlet 	<p>Chinese English Spanish Vietnamese</p>	<p>Contact program: Immunization Program Customer Services 323-869-8080 LACIPinfo@ph.lacounty.gov</p>
<p>Herpes</p>		<ul style="list-style-type: none"> • Info Card 	<p>English Spanish</p>	<p>Contact Program: Sexually Transmitted Disease Program Sally Villanueva savillanueva@ph.lacounty.gov</p>

HIV

HIV and AIDS



- Info Card

English
Spanish

Contact Program:
Sexually Transmitted Disease Program
Sally Villanueva
savillanueva@ph.lacounty.gov

Human Papillomavirus (HPV) Vaccine



- Flyer
- What health care providers need to know

English

Contact program:
Immunization Program
Customer Services
323-869-8080
LACIPinfo@ph.lacounty.gov

Hypertension (High Blood Pressure)



- Flyer
- Understanding High Blood Pressure

English
Spanish

Contact program:
Health Education Administration
healthmaterials@ph.lacounty.gov

Immunization

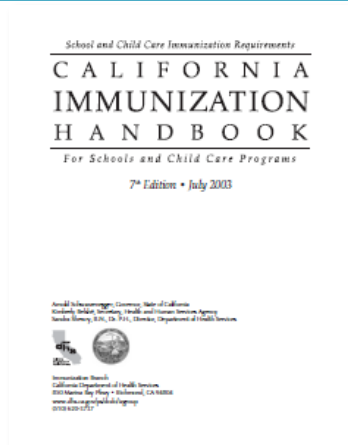


- Brochure
- A childhood immunization checklist

English
Spanish

Contact program:
Immunization Program
Customer Services
323-869-8080
LACIPinfo@ph.lacounty.gov

Immunization

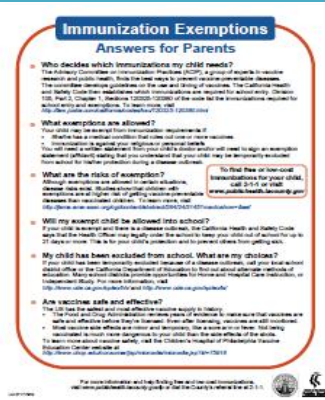


- Booklet
- California Immunization Handbook for Schools and Childcare Programs

English

Contact program:
Immunization Program
Customer Services
323-869-8080
LACIPinfo@ph.lacounty.gov

Immunization



- Flyer
- School immunization exemptions

English
Spanish

Contact program:
Immunization Program
Customer Services
323-869-8080
LACIPinfo@ph.lacounty.gov

Immunization



- Pamphlet
- Vaccine safety: 10 facts for parents

English
Spanish

Contact program:
Immunization Program
Customer Services
323-869-8080
LACIPinfo@ph.lacounty.gov

Immunization



- Sign
- How to comfort your child after shots

English
Spanish

Contact program:
Immunization Program
Customer Services
323-869-8080
LACIPinfo@ph.lacounty.gov


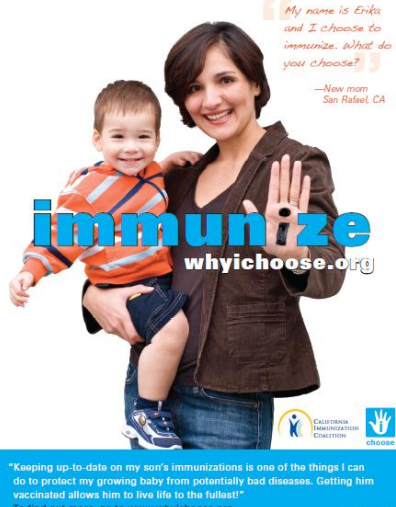

Immunization



- Pamphlet
- Get your shots at your preteen doctor visit

English
Spanish

Contact program:
Immunization Program
Customer Services
323-869-8080
LACIPinfo@ph.lacounty.gov

<p>Immunization</p>		<ul style="list-style-type: none"> • Pamphlet • Immunizations for a healthy pregnancy 	<p>English Spanish</p>	<p>Contact program: Immunization Program Customer Services 323-869-8080 LACIPinfo@ph.lacounty.gov</p>
<p>Immunization</p>		<ul style="list-style-type: none"> • Poster • Uses a parent testimonial to encourage vaccination 	<p>English Spanish</p>	<p>Contact program: Immunization Program Customer Services 323-869-8080 LACIPinfo@ph.lacounty.gov</p>
<p>Lead</p>		<ul style="list-style-type: none"> • Poster 	<p>English Spanish</p>	<p>Contact program: Childhood Lead Poisoning Prevention Program 1-800 LA-4-LEAD</p>

Lead



- Brochure
- Contractors responsibility to use lead safe work practices

English
Spanish

Download from website:

Childhood Lead Poisoning Prevention Program
<http://www.publichealth.lacounty.gov/lead/reports/Attention%20Brochure%20English.pdf>

Lead



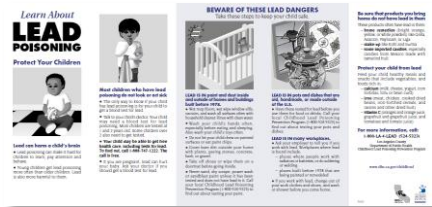
- Brochure
- Make your home lead safe and healthy for your child

Armenia
Chinese
English
Korean
Spanish
Russian
Vietnamese

Download from website:

Childhood Lead Poisoning Prevention Program
<http://www.publichealth.lacounty.gov/lead/reports/House%20Brochure%20Eng%2002.08.pdf>

Lead



- Brochure
- Learn about lead poisoning – protect your children

Chinese
English
Hmong
Spanish
Vietnamese

Download from website:

Childhood Lead Poisoning Prevention Program
<http://www.publichealth.lacounty.gov/lead/reports/Learn%20About%20Lead%2005.pdf>

Lead

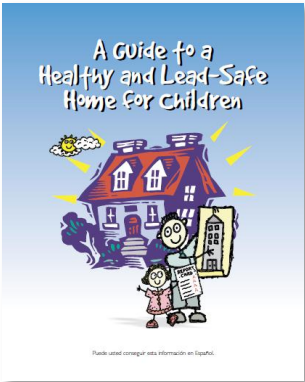





- Brochure
- Simple steps to protect your child from lead

Chinese
English
Lao
Spanish
Vietnamese

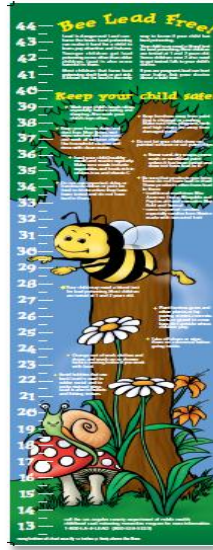
Contact program:

Childhood Lead Poisoning Prevention Program
1-800 LA-4-LEAD

Lead		<ul style="list-style-type: none"> • Guidebook • A guide to a healthy and lead-safe home for children 	English Spanish	<p>Download from website: Childhood Lead Poisoning Prevention Program http://www.publichealth.lacounty.gov/lead/reports/leadbroc.pdf</p>
Lead		<ul style="list-style-type: none"> • Booklet • Renovate right: important lead hazard information for families, child care providers and schools 	English Spanish	<p>Download from website: Childhood Lead Poisoning Prevention Program http://www.publichealth.lacounty.gov/lead/reports/EPA%20Renovate%20Right%20Booklet.pdf</p>
Lead		<ul style="list-style-type: none"> • Brochure • Lead in house paint and dirt can hurt your child 	English Spanish	<p>Download from website: Childhood Lead Poisoning Prevention Program http://www.publichealth.lacounty.gov/lead/reports/Paint%20and%20Dirt.pdf</p>

Lead		<ul style="list-style-type: none"> • Brochure • Lead is a poison 	Thai	Contact program: Childhood Lead Poisoning Prevention Program 1-800 LA-4-LEAD
Lead		<ul style="list-style-type: none"> • Flyer • Do you cook with traditional pottery? It may contain lead 	English Spanish	Download from website: Childhood Lead Poisoning Prevention Program http://www.publichealth.lacounty.gov/lead/reports/Pottery%20Flyer.pdf
Lead		<ul style="list-style-type: none"> • Card • Danger! Azarcon, Greta 	English Spanish	Contact program: Childhood Lead Poisoning Prevention Program 1-800 LA-4-LEAD

Lead

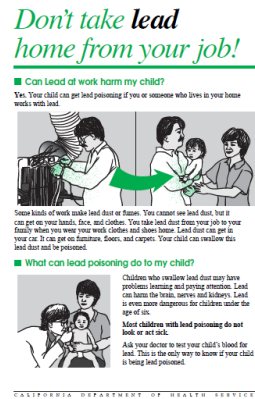


- Growth Chart
- Bee lead free

English
Spanish

Contact program:
Childhood Lead Poisoning Prevention Program
1-800 LA-4-LEAD

Lead

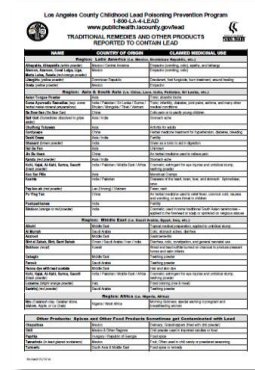


- Brochure
- Don't take lead home from your job

English
Spanish

Contact program:
Childhood Lead Poisoning Prevention Program
1-800 LA-4-LEAD


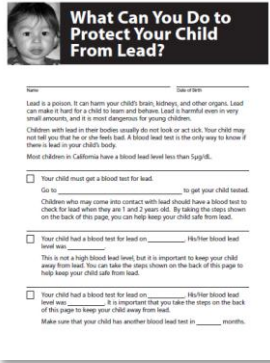

Lead

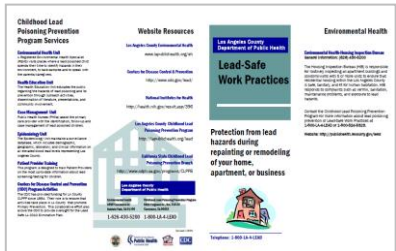




- Flyer
- Traditional remedies and other products reported to contain lead

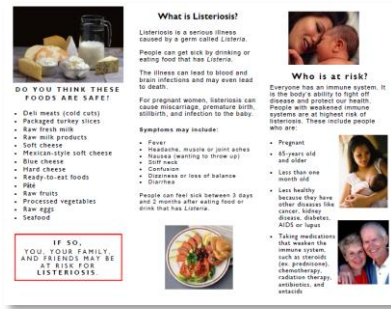
English

Download from website:
Childhood Lead Poisoning Prevention Program
<http://www.publichealth.lacounty.gov/lead/report%20s/HEU%20Flyers/Traditional%20Home%20Remedie%20List.pdf>

Lead		<ul style="list-style-type: none"> Flyer Sources of lead poisoning 	English Spanish	Contact program: Childhood Lead Poisoning Prevention Program 1-800 LA-4-LEAD
Lead		<ul style="list-style-type: none"> Flyer What can you do to protect your child from lead? For physicians and healthcare providers 	English Spanish	Contact program: Childhood Lead Poisoning Prevention Program 1-800 LA-4-LEAD
Lead		<ul style="list-style-type: none"> Flyer Candies found to contain lead 	English Spanish	Contact program: Childhood Lead Poisoning Prevention Program 1-800 LA-4-LEAD
Lead		<ul style="list-style-type: none"> Brochure Lead in pregnancy 	English Spanish	Contact program: Childhood Lead Poisoning Prevention Program 1-800 LA-4-LEAD
Lead		<ul style="list-style-type: none"> Brochure 	English	Contact program:

	<p>IMAGE NOT AVAILABLE</p>	<ul style="list-style-type: none"> An overview of requirements for point of service blood lead testing devices in California 	<p>Childhood Lead Poisoning Prevention Program 1-800 LA-4-LEAD</p>
Lead		<ul style="list-style-type: none"> Brochure Lead safe work practices 	<p>English Spanish</p> <p>Contact program: Childhood Lead Poisoning Prevention Program 1-800 LA-4-LEAD</p>
Lead		<ul style="list-style-type: none"> Brochure Make your home lead safe and healthy for children 	<p>English Spanish</p> <p>Download from website: Childhood Lead Poisoning Prevention Program http://www.publichealth.lacounty.gov/lead/report%20House%20Brochure%20Eng%2002.08.pdf Contact program: Childhood Lead Poisoning Prevention Program 1-800 LA-4-LEAD</p>
Lead		<ul style="list-style-type: none"> Booklet Renovate right: important lead hazard information for families, child care providers and schools 	<p>Bilingual-English and Spanish</p> <p>Contact program: Childhood Lead Poisoning Prevention Program 1-800 LA-4-LEAD</p>

Listeriosis

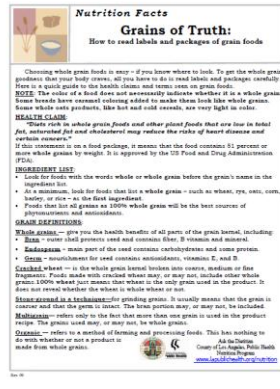


- Brochure
- Targeting pregnant women, newborns, seniors and those with weak immune systems

English
Spanish

Download from website and available for order (free while supplies last):
Acute Communicable Disease Control Program
<http://publichealth.lacounty.gov/acd/HealthEd.htm>

Nutrition

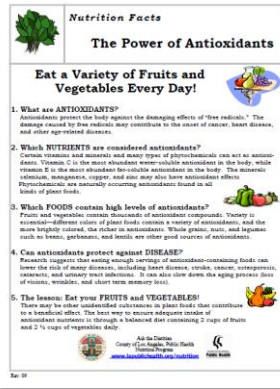


- Brochure
- Grains of Truth

English
Spanish

Download from website:
Nutrition Program
<http://publichealth.lacounty.gov/nut/atd/NutritionEducationMaterials/nutfacts/NutritionFacts.htm>

Nutrition

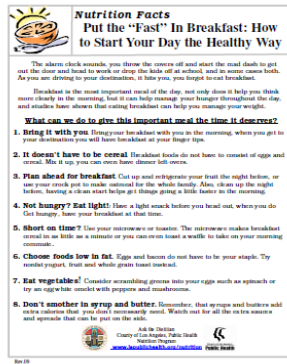


- Brochure
- Power of antioxidants

English
Spanish

Download from website:
Nutrition Program
<http://publichealth.lacounty.gov/nut/atd/NutritionEducationMaterials/nutfacts/NutritionFacts.htm>

Nutrition



- Brochure
- Importance of breakfast

English
Spanish

Download from website:

Nutrition Program

<http://publichealth.lacounty.gov/nut/atd/NutritionEducationMaterials/nutfacts/NutritionFacts.htm>

Nutrition

Several produce Pointers and recipes are available on the web site.

- Info cards
- Produce pointers
- Recipes

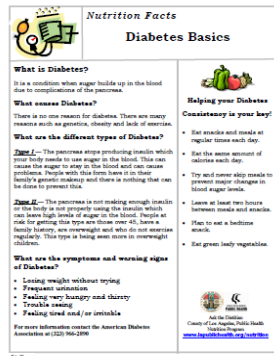
English
Spanish

Download from website:

Nutrition Program

<http://publichealth.lacounty.gov/nut/atd/NutritionEducationMaterials/Produce%20Pointers/ProducePointers-Index.htm>

Nutrition



- Brochure
- Diabetes basics

English
Spanish

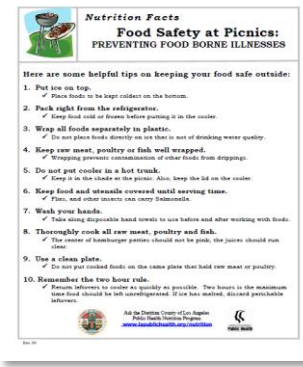
Download from website:

Nutrition Program

<http://publichealth.lacounty.gov/nut/atd/NutritionEducationMaterials/nutfacts/NutritionFacts.htm>

Nutrition

Nutrition



- Brochure
- Food safety at picnics

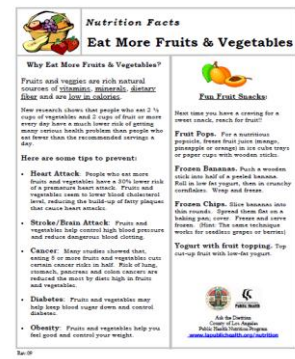
English
Spanish

<http://publichealth.lacounty.gov/nut/atd/NutritionEducationMaterials/nutfacts/NutritionFacts.htm>

<http://publichealth.lacounty.gov/nut/atd/NutritionEducationMaterials/nutfacts/NutritionFacts.htm>

<http://publichealth.lacounty.gov/nut/atd/NutritionEducationMaterials/nutfacts/NutritionFacts.htm>

Nutrition



- Brochure
- Eat more fruits and vegetables

English
Spanish

Download from website:

Nutrition Program

<http://publichealth.lacounty.gov/nut/atd/NutritionEducationMaterials/nutfacts/NutritionFacts.htm>

Nutrition



- Brochure
- Healthy holidays

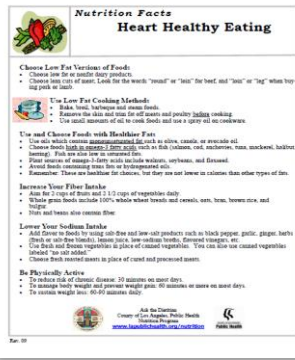
English
Spanish

Download from website:

Nutrition Program

<http://publichealth.lacounty.gov/nut/atd/NutritionEducationMaterials/nutfacts/NutritionFacts.htm>

Nutrition



- Brochure
- Heart healthy eating

English
Spanish

Download from website:

Nutrition Program

<http://publichealth.lacounty.gov/nut/atd/NutritionEducationMaterials/nutfacts/NutritionFacts.htm>

Nutrition



- Brochure
- Tips for healthy grilling

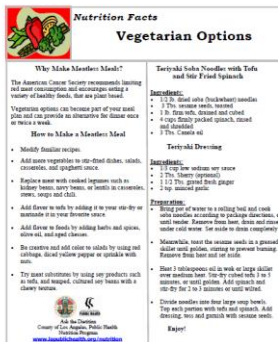
English
Spanish

Download from website:

Nutrition Program

<http://publichealth.lacounty.gov/nut/atd/NutritionEducationMaterials/nutfacts/NutritionFacts.htm>

Nutrition



- Brochure
- Vegetarian options

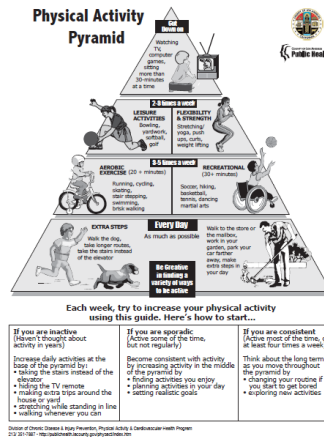
English
Spanish

Download from website:

Nutrition Program

<http://publichealth.lacounty.gov/nut/atd/NutritionEducationMaterials/nutfacts/NutritionFacts.htm>

Physical Activity



- Flyer
- Physical Activity Pyramid

English

Download from website:

Physical Activity and Cardiovascular Health Program

<http://publichealth.lacounty.gov/physact/>

Physical Activity



- Handout
- Targeting Older Adults
- Available topics:
 - Flexibility Exercises
 - Strength Exercises
 - Balance Exercises

English
Spanish

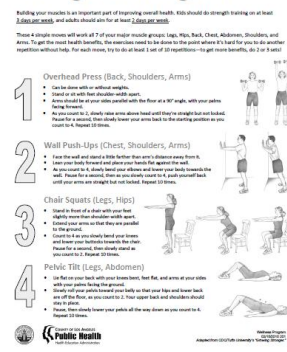
Contact Program:
Physical Activity Program
(213) 351-7887

or

Health Education Administration
(213) 351-7334

Physical Activity

Strength Training Exercises



- Flyer
- Strength Training Exercises

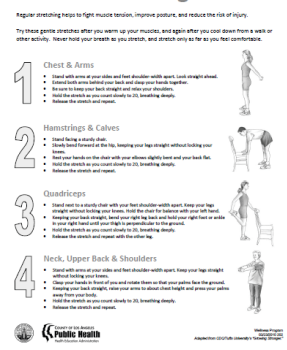
English

Download from intranet:
Health Education Administration- Wellness Program
<http://go.phd.ladhs.org/ph/Resources/Wellness/WellnessProgram.htm>

Email:
HEA@ph.lacounty.gov

Physical Activity

Gentle Stretching Exercises



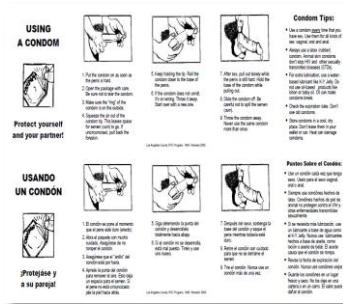
- Flyer
- Stretching Exercises

English

Download from intranet:
Health Education Administration- Wellness Program
<http://go.phd.ladhs.org/ph/Resources/Wellness/WellnessProgram.htm>

Email:
HEA@ph.lacounty.gov

Safer Sex



- Brochure
- Using a condom

English
Spanish

Contact Program:
Sexually Transmitted Disease Program
Sally Villanueva
savillanueva@ph.lacounty.gov

Salmonella

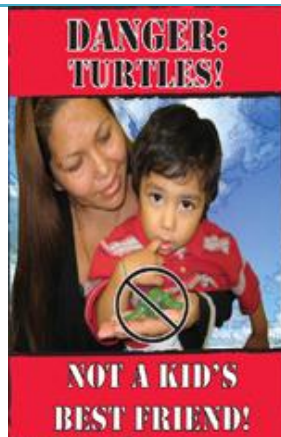


- Brochure
- Pet reptiles
- Targeting parents and caregivers

English
Spanish

Download from website:
Acute Communicable Disease Control Program
<http://publichealth.lacounty.gov/acd/HealthEd.htm>

Salmonella (in reptiles)



- Brochure Fotonovella
- Pet reptiles
- Targeting parents and caregivers

English
Spanish
Chinese

Download from website:
Acute Communicable Disease Control Program
<http://publichealth.lacounty.gov/acd/HealthEdReptile.htm>

Salmonella (in reptiles)



- Flyer
- Pet reptiles
- Targeting early childhood education programs and classrooms

English

Download from website:

Acute Communicable Disease Control Program
<http://publichealth.lacounty.gov/acd/HealthEdReptile.htm>

Salmonella (in reptiles)



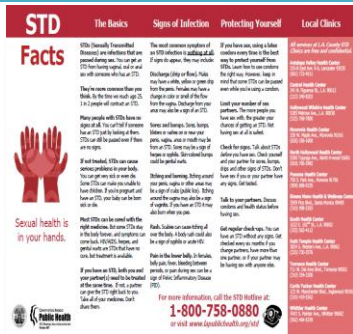
- Flyer
- Pet reptiles
- Targeting parents

Arabic
 Armenian
 Chinese
 English
 Farsi
 Khmer
 Korean
 Spanish
 Russian
 Tagalog
 Thai
 Vietnamese

Download from website:

Acute Communicable Disease Control Program
<http://publichealth.lacounty.gov/acd/HealthEdReptile.htm>

Sexually Transmitted Diseases (STDs)


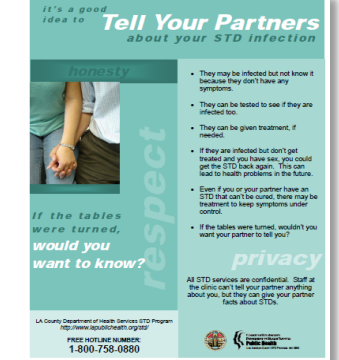



- Brochure
- STD Facts: sexual health is in your hands

English
 Spanish

Contact Program:

Sexually Transmitted Disease Program
 Sally Villanueva
savillanueva@ph.lacounty.gov

<p>Sexually Transmitted Diseases (STDs)</p>		<ul style="list-style-type: none"> • Poster • Got Questions About STDs? 	<p>English</p>	<p>Contact Program: Sexually Transmitted Disease Program Sally Villanueva savillanueva@ph.lacounty.gov</p>
<p>Sexually Transmitted Diseases (STDs)</p>		<ul style="list-style-type: none"> • Poster/Handout • It's a good idea to tell your partners about your STD infection 	<p>English</p>	<p>Contact Program: Sexually Transmitted Disease Program Sally Villanueva savillanueva@ph.lacounty.gov</p>
<p>Sexually Transmitted Diseases (STDs)</p>		<ul style="list-style-type: none"> • Poster/Handout • I told my partners about my STD because... 	<p>English</p>	<p>Contact Program: Sexually Transmitted Disease Program Sally Villanueva savillanueva@ph.lacounty.gov</p>

Sexually Transmitted Diseases (STDs)

Sexually Transmitted Disease (STD) Quick Sheet

STD	Primary	Signs/Symptoms	Diagnosis	Treatment and Prevention
Chlamydia	Often asymptomatic. When symptomatic, it causes a discharge from the penis or vagina.	Discharge from the penis or vagina. Burning or itching during urination. Pain or tenderness in the groin.	Urine test. Swab of the discharge.	Antibiotics. Safe for pregnant women. Can be passed from mother to baby during birth.
Gonorrhea	Often asymptomatic. When symptomatic, it causes a discharge from the penis or vagina.	Discharge from the penis or vagina. Burning or itching during urination. Pain or tenderness in the groin.	Urine test. Swab of the discharge.	Antibiotics. Safe for pregnant women. Can be passed from mother to baby during birth.
Trichomoniasis	Often asymptomatic. When symptomatic, it causes a discharge from the penis or vagina.	Discharge from the penis or vagina. Burning or itching during urination. Pain or tenderness in the groin.	Urine test. Swab of the discharge.	Antibiotics. Safe for pregnant women. Can be passed from mother to baby during birth.
Herpes	Often asymptomatic. When symptomatic, it causes a discharge from the penis or vagina.	Discharge from the penis or vagina. Burning or itching during urination. Pain or tenderness in the groin.	Urine test. Swab of the discharge.	Antibiotics. Safe for pregnant women. Can be passed from mother to baby during birth.

- Handout
- STD Quick sheet

English
Spanish

Contact Program:
Sexually Transmitted Disease Program
Sally Villanueva
savillanueva@ph.lacounty.gov

Smallpox vs. Chickenpox

Clinical Guidelines

Distinguishing Smallpox from Chickenpox

	Smallpox	Chickenpox
How long to the incubation period?	Ranging from 7-17 days (usually 10-14 days)	Ranging from 10-21 days (usually 14-16 days)
When is communicability?	Communicability begins with the onset of lesions (usually in the mouth by saliva droplets) and ends with the disappearance of all scales.	Communicability begins up to 5 days before (usually 1-2 days before) onset of the rash and ends when all lesions have crusted.
What are the early/prodromal symptoms?	Adults may experience chills, high fever, severe headache, backache, abdominal pain, and prostration for 3-4 days. Children may suffer from vomiting and diarrhea.	Adults may experience mild symptoms of fever and malaise for 1-2 days. In children, rash is often the first sign of disease.
How do lesions progress?	Slow progress maculopapular vesicles → pustules → scales • Appear more or less simultaneously and are in the same stage of development in different areas of the body • Distribution: more on the extremities and less than on the trunk • Lesions extend to the days • Frequently found on palms and soles • Scales (crusts) form 1-14 days after rash onset, and separate 21-28 days after rash onset	Rapid progress maculopapular vesicles → scales • More the center of pustules • Appear in successive crops and in any one area on the body may be in different stages of development • Distribution: more on the trunk than extremities, less on the face • Not deeply embedded in the skin • Not frequently found on palms and soles • Scales (crusts) form 4-7 days after rash onset and separate in 1-2 days after rash onset
What are the reporting guidelines?	Report immediately	Report immediately • Isolation settings: Isolation facilities, clinics, or long-term care facilities - 21 days within 21 day period • Outpatient settings: Report immediately • Quarantine: Report immediately

Report suspect and confirmed cases to the Communicable Disease Reporting System at (800) 397-3993

Los Angeles County Department of Public Health
Communicable Disease Control - www.lacounty.gov/health/communicable-disease-control
Centers for Disease Control and Prevention
Disease Information: www.cdc.gov/diseases/
Smallpox Information: www.cdc.gov/smallpox/
Chickenpox Information: www.cdc.gov/chickenpox/
Herpes Information: www.cdc.gov/herpes/

Los Angeles County Department of Public Health
www.publichealth.lacounty.gov

- Handout
- Distinguishing Smallpox from Chickenpox

English
Spanish

Contact program:
Immunization Program
Customer Services
323-869-8080
LACIPinfo@ph.lacounty.gov

Sudden Infant Death Syndrome (SIDS)

A Message to Parents about Safe Sleep ...

For parents and caregivers, your naturally want to protect your baby from harm. But many people don't know that how and where a baby sleeps can increase his or her risk of SIDS and even death. Co-sleeping, or having your baby share a bed with you, may be a common sleep habit. Co-sleeping has been linked to SIDS deaths in which babies suffocate. Babies can suffocate when they sleep over their parents or caregivers, but not in the same bed.

In addition to safely co-sleeping with your baby, there are other things you can do to reduce the risk of SIDS. The cause of SIDS is unknown, but you can take steps to reduce your baby's risk of SIDS, including placing your baby to sleep on his or her back and preventing the baby from sleeping in the car seat.

Remember babies need to be kept safe at all times, even while they sleep! For more information about safe sleep practices for babies, talk to your baby's doctor or call a sleep specialist (800-367-1000).

Safe Sleep Tips for Your Baby

Brought to you by First 5 LA, the Los Angeles County State-County Council on Children and Families (SCCF), the Los Angeles County Department of Children and Family Services and the Los Angeles County Department of Public Health, Maternal and Child & Adolescent Health Services Program.

In case of an emergency, please call 911.

For more information on safe sleeping, please contact the following organizations:

First 5 LA
www.first5la.org
(800) 635-6358

Los Angeles County Department of Children and Family Services
(800) 635-6358
www.dcfss.org

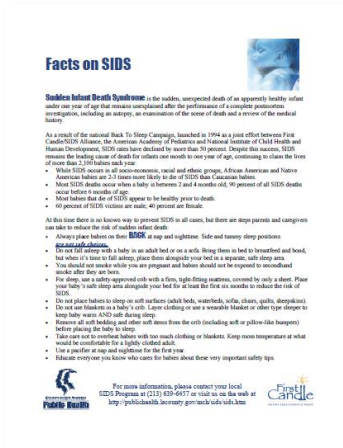
Los Angeles County Department of Public Health
Center for Safe Sleeps
<http://publichealth.lacounty.gov/child>
(213) 690-6000

- Tri-fold brochure
- Safe Sleep Tips for your baby

English
Spanish

Contact Program:
Maternal Child and Adolescent Health Program

Sudden Infant Death Syndrome (SIDS)



- Facts

English

Contact Program:
Maternal Child and Adolescent Health Program

Staph Infections



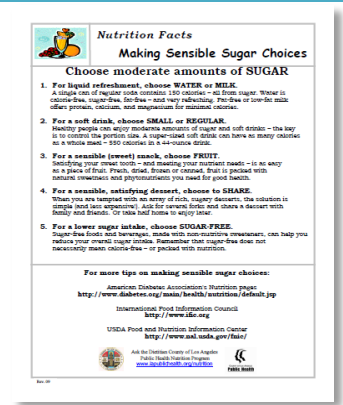
- Brochure
- What you need to know about staph
- Antibiotic resistant staph skin infections

English

Spanish

Download from website:
Acute Communicable Disease Control Program
<http://publichealth.lacounty.gov/acd/HealthEd.htm>

Sugar



- Flyer
- Making sensible sugar choices

English

Spanish

Download from website:
Nutrition Program
<http://publichealth.lacounty.gov/nut/atd/NutritionEducationMaterials/nutfacts/NutritionFacts.htm>

Syphilis

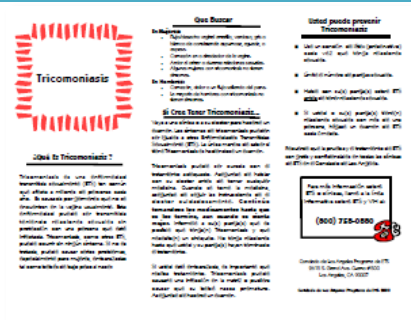


- Info Card

English
Spanish

Contact Program:
Sexually Transmitted Disease Program
Sally Villanueva
savillanueva@ph.lacounty.gov

Trichomoniasis

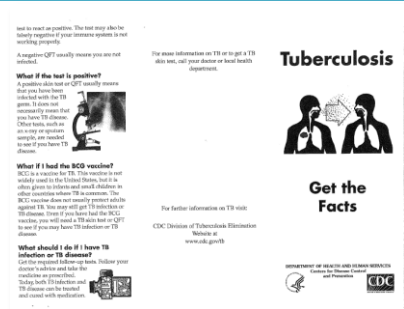


- Brochure

English
Spanish

Contact Program:
Sexually Transmitted Disease Program
Sally Villanueva
savillanueva@ph.lacounty.gov

Tuberculosis (TB)

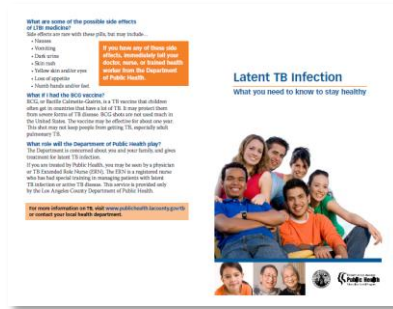


- Brochure
- General Information
- TB – Get the Facts

- English
- Spanish
- Chinese
- Japanese
- Korean
- Russian
- Tagalog
- Vietnamese

Download from website:
TB Control Program
<http://www.publichealth.lacounty.gov/tb/education.htm>

Tuberculosis (TB)



- Brochure
- Latent TB
- Latent TB infection: What You Need to Know to Stay Healthy

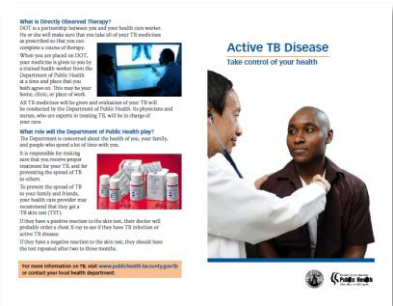
English

Download from website:

TB Control Program

<http://www.publichealth.lacounty.gov/tb/education.htm>

Tuberculosis (TB)



- Brochure
- TB (Active TB)
- Active TB disease: Take Control of your Health

English

Download from website:

TB Control Program

<http://www.publichealth.lacounty.gov/tb/education.htm>

Walking



- Flyer/handout
- Walking for wellness

English

Download from intranet:

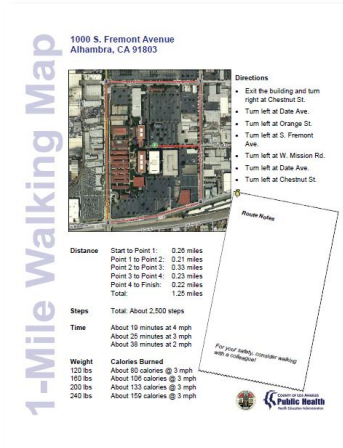
Health Education Administration- Wellness Program

<http://go.phd.ladhs.org/ph/Resources/Wellness/WellnessProgram.htm>

Email:

HEA@ph.lacounty.gov

Walking



- Walking maps
- Available for major DPH worksites

English

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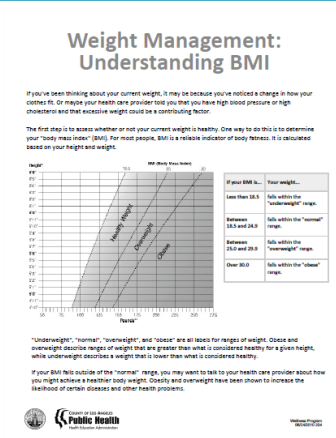
Health Education Administration- Wellness Program

<http://go.phd.ladhs.org/ph/Resources/Wellness/WellnessProgram.htm>

Email:

HEA@ph.lacounty.gov

Weight Management



- Flyer
- Understanding Body Mass Index

English

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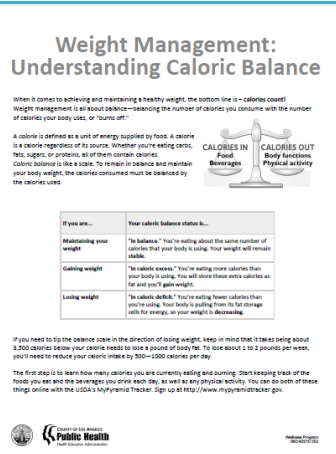
Health Education Administration- Wellness Program

<http://go.phd.ladhs.org/ph/Resources/Wellness/WellnessProgram.htm>

Email:

HEA@ph.lacounty.gov

Weight Management



- Flyer
- Understanding Caloric Balance

English

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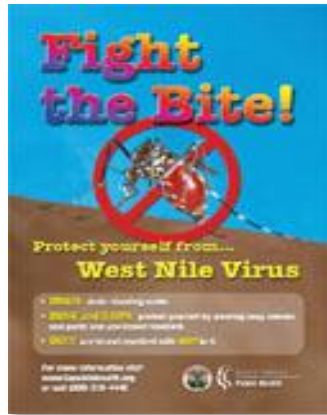
Health Education Administration- Wellness Program

<http://go.phd.ladhs.org/ph/Resources/Wellness/WellnessProgram.htm>

Email:

HEA@ph.lacounty.gov

West Nile Virus



- Static cling-ons
- Protect yourself from West Nile Virus

English
Spanish

Download from website and available for order (free while supplies last):
Acute Communicable Disease Control Program
<http://publichealth.lacounty.gov/acd/VectorWestNileEd.htm>

West Nile Virus

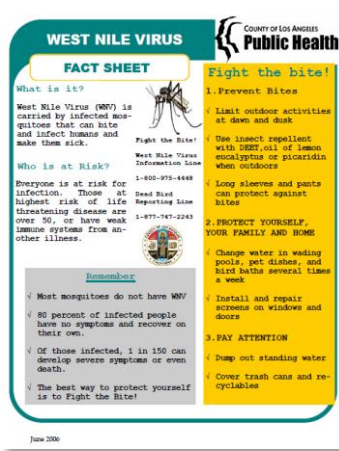


- Door Hanger Sized Flyer

Arabic
Armenian
Chinese
English
Farsi
Khmer
Korean
Spanish
Russian
Tagalog
Thai
Vietnamese

Download from website and available for order (free while supplies last):
Acute Communicable Disease Control Program
<http://publichealth.lacounty.gov/acd/VectorWestNileEd.htm>

West Nile Virus

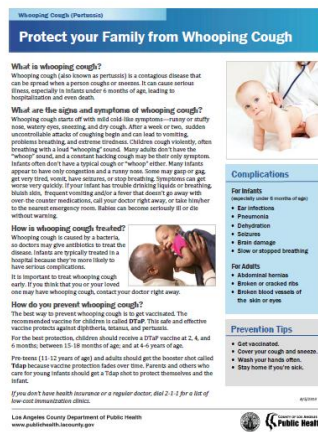


- Fact Sheet

English
Spanish

Download from website:
Acute Communicable Disease Control Program
<http://publichealth.lacounty.gov/acd/VectorWestNileEd.htm>

Whooping Cough (Pertussis)



- Flyer
- Question and Answer
- Protect your Family from Whooping Cough

English
Spanish

Download from website:
 Acute Communicable Disease Control Program
<http://www.publichealth.lacounty.gov/acd/docs/PertussisFlyer.pdf>

Whooping Cough (Pertussis)



- Flyer
- Targeting people who work in healthcare settings

English

Contact program:
 Immunization Program
 Customer Services
 323-869-8080
 LACIPinfo@ph.lacounty.gov

Whooping Cough (Pertussis)



- Flyer
- Grandparents: protect yourself and your grandbaby from whooping cough

English

Contact program:
 Immunization Program
 Customer Services
 323-869-8080
 LACIPinfo@ph.lacounty.gov

Whooping Cough (Pertussis)



- Flyer
- Parents: protect yourself and your children from whooping cough

English

Contact program:
Immunization Program
Customer Services
323-869-8080
LACIPinfo@ph.lacounty.gov

Whooping Cough (Pertussis)



- Flyer
- Get Vaccinated

English
Spanish

Download from website:
Acute Communicable Disease Control Program
<http://www.publichealth.lacounty.gov/acd/docs/PertussisPriorityGroups.pdf>

Whooping Cough (Pertussis)



- Flyer
- Promotes pertussis vaccination and early diagnosis

English
Spanish

Contact program:
Immunization Program
Customer Services
323-869-8080
LACIPinfo@ph.lacounty.gov

Worksite Wellness



- Flyer/handout
- Wellness @ work

English

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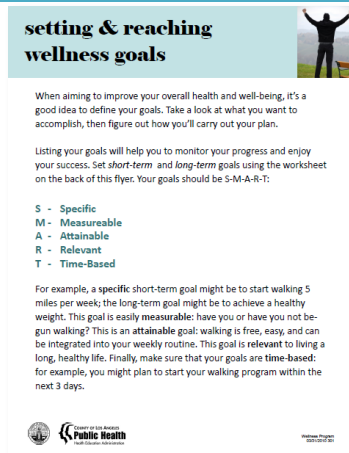
Health Education Administration- Wellness Program

<http://go.phd.ladhs.org/ph/Resources/Wellness/WellnessProgram.htm>

Email:

HEA@ph.lacounty.gov

Worksite Wellness



- Flyer/worksheet
- Setting & reaching wellness goals

English

Download from intranet:

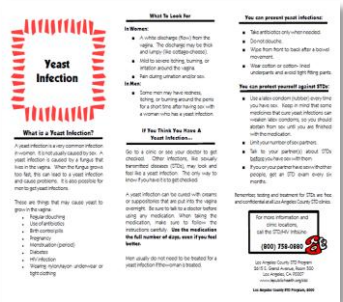
Health Education Administration- Wellness Program

<http://go.phd.ladhs.org/ph/Resources/Wellness/WellnessProgram.htm>

Email:

HEA@ph.lacounty.gov

Yeast Infections



- Brochure

English
Spanish

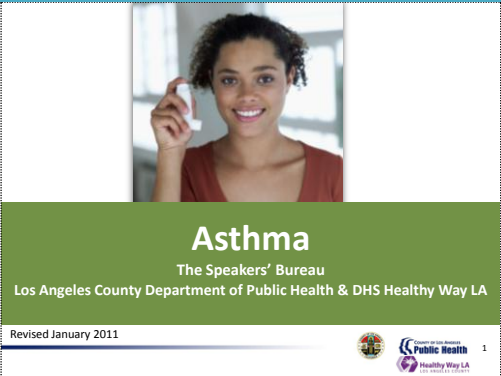
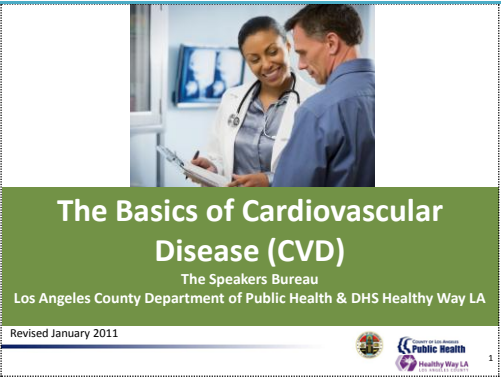
Contact Program:



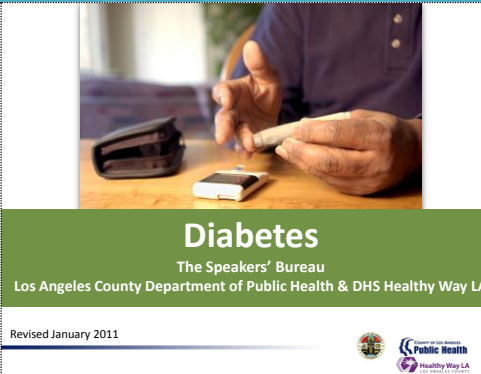
Sexually Transmitted Disease Program

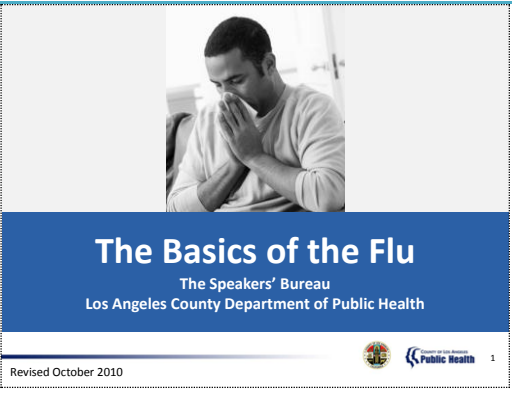

Sally Villanueva

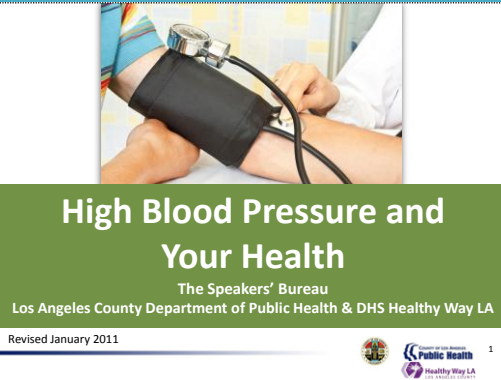
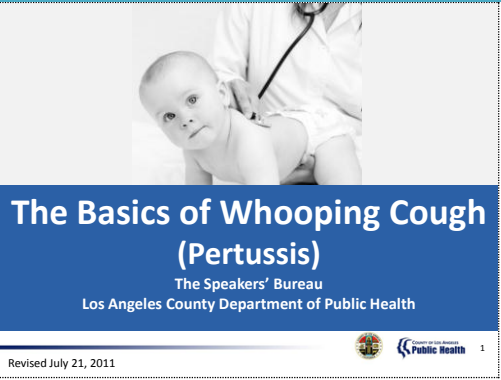
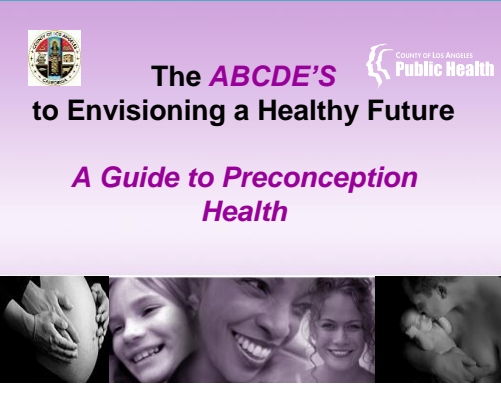
savillanueva@ph.lacounty.gov


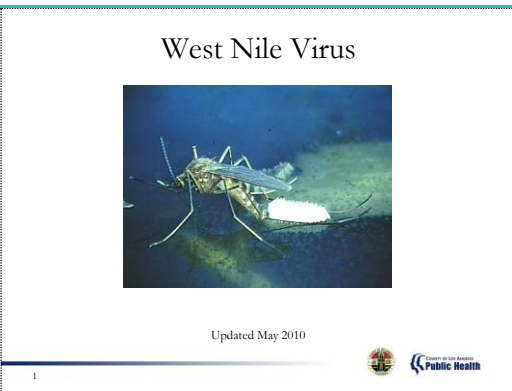
PowerPoint Presentations

Topic	Image	Details	Language(s)	How to Access Presentations
Asthma	 <p>Asthma The Speakers' Bureau Los Angeles County Department of Public Health & DHS Healthy Way LA Revised January 2011</p>	<ul style="list-style-type: none"> PowerPoint Presentation 	English Spanish	DPH employees, visit the Speakers Bureau Intranet Page: http://intranet.laph.local/ph/PHDirector/MedicalDirectorQualityAssurance/HealthEducationAdmin/HEASpeakersBureauCommMembers.htm External partners, email: Erika Valdez, MPH ervaldez@ph.lacounty.gov
Bed Bugs	 <p>Bed Bugs Los Angeles County Department of Public Health December 30, 2010</p>	<ul style="list-style-type: none"> PowerPoint Presentation 	English	DPH employees, visit the Speakers Bureau Intranet Page: http://intranet.laph.local/ph/PHDirector/MedicalDirectorQualityAssurance/HealthEducationAdmin/HEASpeakersBureauCommMembers.htm External partners, email: Erika Valdez, MPH ervaldez@ph.lacounty.gov
Cardiovascular Disease (CVD)	 <p>The Basics of Cardiovascular Disease (CVD) The Speakers Bureau Los Angeles County Department of Public Health & DHS Healthy Way LA Revised January 2011</p>	<ul style="list-style-type: none"> PowerPoint Presentation 	English Spanish	DPH employees, visit the Speakers Bureau Intranet Page: http://intranet.laph.local/ph/PHDirector/MedicalDirectorQualityAssurance/HealthEducationAdmin/HEASpeakersBureauCommMembers.htm External partners, email: Erika Valdez, MPH ervaldez@ph.lacounty.gov

<p>Cholesterol</p>	 <p>High Cholesterol: What Can I do to Reduce My Risk? The Speakers' Bureau Los Angeles County Department of Public Health & DHS Healthy Way LA Revised January 2011</p>	<ul style="list-style-type: none"> PowerPoint Presentation 	<p>English</p> <p>Spanish</p>	<p>DPH employees, visit the Speakers Bureau Intranet Page:</p> <p>http://intranet.laph.local/ph/PHDirector/MedicalDirectorQualityAssurance/HealthEducationAdmin/HEASpeakersBureauCommMembers.htm</p> <p>External partners, email:</p> <p>Erika Valdez, MPH ervaldez@ph.lacounty.gov</p>
<p>Community Preparedness</p>	 <p>Community Based Preparedness The Speakers' Bureau Los Angeles County Department of Public Health Revised July 19, 2011</p>	<ul style="list-style-type: none"> PowerPoint Presentation 	<p>English</p> <p>Spanish</p>	<p>DPH employees, visit the Speakers Bureau Intranet Page:</p> <p>http://intranet.laph.local/ph/PHDirector/MedicalDirectorQualityAssurance/HealthEducationAdmin/HEASpeakersBureauCommMembers.htm</p> <p>External partners, email:</p> <p>Erika Valdez, MPH ervaldez@ph.lacounty.gov</p>
<p>Diabetes</p>	 <p>Diabetes The Speakers' Bureau Los Angeles County Department of Public Health & DHS Healthy Way LA Revised January 2011</p>	<ul style="list-style-type: none"> PowerPoint Presentation 	<p>English</p> <p>Spanish</p>	<p>DPH employees, visit the Speakers Bureau Intranet Page:</p> <p>http://intranet.laph.local/ph/PHDirector/MedicalDirectorQualityAssurance/HealthEducationAdmin/HEASpeakersBureauCommMembers.htm</p> <p>External partners, email:</p> <p>Erika Valdez, MPH ervaldez@ph.lacounty.gov</p>

<p>Falls Prevention</p>		<ul style="list-style-type: none"> PowerPoint Presentation 	<p>English</p>	<p>DPH employees, visit the Speakers Bureau Intranet Page:</p> <p>http://intranet.laph.local/ph/PHDirector/MedicalDirectorQualityAssurance/HealthEducationAdmin/HEASpeakersBureauCommMembers.htm</p> <p>External partners, email:</p> <p>Erika Valdez, MPH ervaldez@ph.lacounty.gov</p>
<p>Flu</p>		<ul style="list-style-type: none"> PowerPoint Presentation 	<p>English</p>	<p>DPH employees, visit the Speakers Bureau Intranet Page:</p> <p>http://intranet.laph.local/ph/PHDirector/MedicalDirectorQualityAssurance/HealthEducationAdmin/HEASpeakersBureauCommMembers.htm</p> <p>External partners, email:</p> <p>Erika Valdez, MPH ervaldez@ph.lacounty.gov</p>
<p>Hantavirus</p>		<ul style="list-style-type: none"> PowerPoint Presentation 	<p>English</p>	<p>DPH employees, visit the Speakers Bureau Intranet Page:</p> <p>http://intranet.laph.local/ph/PHDirector/MedicalDirectorQualityAssurance/HealthEducationAdmin/HEASpeakersBureauCommMembers.htm</p> <p>External partners, email:</p> <p>Erika Valdez, MPH ervaldez@ph.lacounty.gov</p>

<p>High Blood Pressure</p>	 <p>High Blood Pressure and Your Health The Speakers' Bureau Los Angeles County Department of Public Health & DHS Healthy Way LA Revised January 2011</p>	<ul style="list-style-type: none"> PowerPoint Presentation 	<p>English Spanish</p>	<p>DPH employees, visit the Speakers Bureau Intranet Page:</p> <p>http://intranet.laph.local/ph/PHDirector/MedicalDirectorQualityAssurance/HealthEducationAdmin/HEASpeakersBureauCommMembers.htm</p> <p>External partners, email:</p> <p>Erika Valdez, MPH ervaldez@ph.lacounty.gov</p>
<p>Pertussis (Whooping Cough)</p>	 <p>The Basics of Whooping Cough (Pertussis) The Speakers' Bureau Los Angeles County Department of Public Health Revised July 21, 2011</p>	<ul style="list-style-type: none"> PowerPoint Presentation 	<p>English Spanish</p>	<p>DPH employees, visit the Speakers Bureau Intranet Page:</p> <p>http://intranet.laph.local/ph/PHDirector/MedicalDirectorQualityAssurance/HealthEducationAdmin/HEASpeakersBureauCommMembers.htm</p> <p>External partners, email:</p> <p>Erika Valdez, MPH ervaldez@ph.lacounty.gov</p>
<p>Preconception Health</p>	 <p>The <i>ABCDE'S</i> to Envisioning a Healthy Future <i>A Guide to Preconception Health</i> County of Los Angeles Public Health</p>	<ul style="list-style-type: none"> Powerpoint Presentation 	<p>English</p>	<p>DPH employees, visit the Speakers Bureau Intranet Page:</p> <p>http://intranet.laph.local/ph/PHDirector/MedicalDirectorQualityAssurance/HealthEducationAdmin/HEASpeakersBureauCommMembers.htm</p> <p>External partners, email:</p> <p>Erika Valdez, MPH ervaldez@ph.lacounty.gov</p>

Public Health 101	<p>Public Health: Working for You Every Day</p> 	PowerPoint Presentation	English Spanish	<p>DPH employees, visit the Speakers Bureau Intranet Page:</p> <p>http://intranet.laph.local/ph/PHDirector/MedicalDirectorQualityAssurance/HealthEducationAdmin/HEASpeakersBureauCommMembers.htm</p> <p>External partners, email:</p> <p>Erika Valdez, MPH ervaldez@ph.lacounty.gov</p>
West Nile Virus	<p>West Nile Virus</p>  <p>Updated May 2010</p>	<ul style="list-style-type: none"> PowerPoint Presentation 	English Spanish	<p>DPH employees, visit the Speakers Bureau Intranet Page:</p> <p>http://intranet.laph.local/ph/PHDirector/MedicalDirectorQualityAssurance/HealthEducationAdmin/HEASpeakersBureauCommMembers.htm</p> <p>External partners, email:</p> <p>Erika Valdez, MPH ervaldez@ph.lacounty.gov</p>